

ABSTRACT OF THE DISCLOSURE

A kneaded, fermented, and/or aged food or food product having an increased content of at least one free amino acid, GABA and/or dietary fiber produced from raw materials containing at least one processed grain product of wheat, barley, oats and/or rye, wherein the processed grain product is made by soaking at seeds of at least one of said grains in water or hot water without germinating them. By controlling the time and/or temperature of kneading, fermentation, and/or aging used to product the food or food product, its content of at least one free amino acid, GABA and/or dietary fiber is increased.